

SALADS AND SALAD DRESSING

Arrangement of Bananas, Peanuts and Lettuce Makes Good Dish.

Banana Pyramid Salad.—Arrange inside lettuce leaves on a large salad dish as many clusters as there are bananas to be served. Cut ripe bananas in two, dip in the beaten whites of the eggs, then roll in finely chopped peanuts. Stand a banana in the center of each cluster of lettuce leaves. Heap the following salad dressing around the base of each banana. Heat half a cup of water and teaspoonful of butter. Take one-half cup of sugar in a bowl, add one teaspoonful of salt, one of mustard, two of cornstarch, and a pinch of pepper. Beat two eggs and stir into the ingredients in the bowl, then stir into the hot vinegar and water until it thickens. When cold add a cupful of cream whipped.

Spanish Potato Salad.—Slice eight or ten cold potatoes, and over them sprinkle two tablespoonfuls of chopped beef root. Mix in a basin a tablespoon of pounded anchovies and the same quantity of capers and Worcestershire sauce, four tablespoons of olive oil, one of vinegar, and a seasoning of salt and pepper. Mix all together and pour over the salad.

Salmon Salad.—One can of salmon, drain off liquor, pick to pieces and remove bones and skin. For dressing take one well beaten egg, one tablespoon sugar, one teaspoon cornstarch, four tablespoons vinegar, liquor from salad, little pepper, small pieces of butter. Let it just boil to a cream. Then pour over the fish, mix and garnish with sliced hard boiled eggs.

Salad Dressing.—Beat three eggs in a bowl until stiff. Add one cup cream with a teaspoonful salt and beat thoroughly. Now add one-half cup vinegar and a tablespoon of mustard dissolved in extra vinegar and beat again. Then beat in one-half cup melted butter. Set bowl into a kettle of hot water and stir until it thickens. This will keep a long time.

CONSIDER CHEESE AS FOOD.

Based on Money Value It is Worth Far More Than Beef.

In buying cheese it is necessary to consider it not so much as a relish as a food, according to What to Eat. A relish it is, but the cheese eater should recollect that some varieties play havoc with the digestion and health, and these are the harder, tougher, and blue-mold varieties, especially those that are badly made. If grated, it becomes more digestible. Solid cheese is a sustaining food, and so nutritive that a single pound contains sufficient digestible matter to sustain a man for a day. In a word, as a food, good, inexpensive cheese, based on money value, goes as far as three times its weight of lean beef. As a nutrient a good American Cheddar, an Edam, or a Gouda (Dutch) is one of the cheapest known foods adaptable to the requirements of the hard-working classes. American cheese should be mild, nutty and salty, never dry, hot, strong, moldy, or with a cracked rind. Very little of the best is made, although its price is high. Cheese should be kept moist, but never in a moist atmosphere.

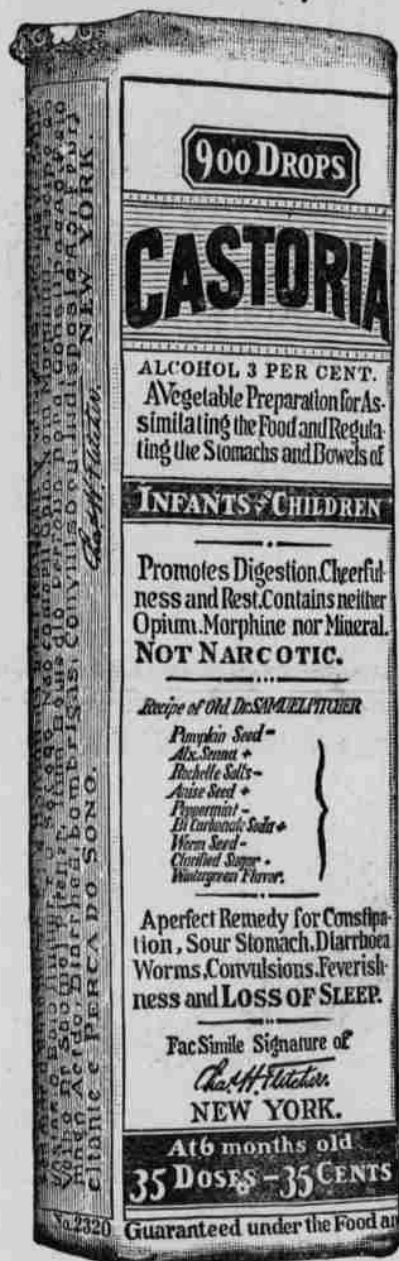
THE GOOD COOK KNOWS—

That pulled bread is delicious with soup. To make it, cut crusts from a loaf of bread just from the oven. With a fork pull the bread apart into strips five inches long and quite thin. Dry them in a slow oven until crisp and a delicate brown. They are often used at formal dinners.

That ordinary fried eggs are delicious with browned butter. Put three tablespoonfuls of butter in a frying pan. Set the pan over a brisk fire. Let the butter turn a light brown color, then add two tablespoonfuls of good vinegar. Shake the pan slightly to mix the butter and vinegar well. Then pour it around and over the eggs. Serve immediately.

Don't Poison Baby.

FORTY YEARS AGO almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and A FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. **CASTORIA DOES NOT CONTAIN NARCOTICS**, if it bears the signature of Chas. H. Fletcher.



Exact Copy of Wrapper.

Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. J. W. Dinsdale, of Chicago, Ill., says: "I use your Castoria and advise its use in all families where there are children."

Dr. Alexander E. Mintie, of Cleveland, Ohio, says: "I have frequently prescribed your Castoria and have found it a reliable and pleasant remedy for children."

Dr. J. S. Alexander, of Omaha, Neb., says: "A medicine so valuable and beneficial for children as your Castoria is, deserves the highest praise. I find it in use everywhere."

Dr. J. A. McClellan, of Buffalo, N. Y., says: "I have frequently prescribed your Castoria for children and always got good results. In fact I use Castoria for my own children."

Dr. J. W. Allen, of St. Louis, Mo., says: "I heartily endorse your Castoria. I have frequently prescribed it in my medical practice, and have always found it to do all that is claimed for it."

Dr. C. H. Glidden, of St. Paul, Minn., says: "My experience as a practitioner with your Castoria has been highly satisfactory, and I consider it an excellent remedy for the young."

Dr. H. D. Benner, of Philadelphia, Pa., says: "I have used your Castoria as a purgative in the cases of children for years past with the most happy effect, and fully endorse it as a safe remedy."

Dr. J. A. Boorman, of Kansas City, Mo., says: "Your Castoria is a splendid remedy for children, known the world over. I use it in my practice and have no hesitancy in recommending it for the complaints of infants and children."

Dr. J. J. Mackey, of Brooklyn, N. Y., says: "I consider your Castoria an excellent preparation for children, being composed of reliable medicines and pleasant to the taste. A good remedy for all disturbances of the digestive organs."

GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher.
The Kind You Have Always Bought

In Use For Over 30 Years.

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

Waited for a Man.
First Cyclist—What's in the band box, Bill, and where's the girl?
Second Cyclist—That contains my puncture-mending device. I get them mended quickly and well without lifting a finger.

First Cyclist—Tell us!
Second Cyclist—That box contains a lady's skirt and picture hat; when I puncture I've only to don them and wait!

First Cyclist—By Jove, that's clever!

If You Have Common Sore Eyes, if lines blur or run together, you need **PETIT'S EYE SALVE**, 25c. All druggists or Howard Bros., Buffalo, N. Y.

Repine not; the disappointments of to-day often prove the blessings of tomorrow.—Thomas a Kempis.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Wise women get their rights without talking about them.

W. L. DOUGLAS SHOES
\$3.00 \$3.50

SHOES AT ALL PRICES, FOR EVERY MEMBER OF THE FAMILY, MEN, BOYS, WOMEN, MISSES AND CHILDREN.

W. L. Douglas makes and sells more men's \$2.50, \$3.00 and \$3.50 shoes than any other manufacturer in the world, because they hold their shape, fit better, wear longer, and are of greater value than any other shoes in the world to-day.

W. L. Douglas \$4 and \$5 Gilt Edge Shoes Cannot Be Equalled At Any Price

CAUTION. W. L. Douglas name and price is stamped on bottom. Take No Substitute. Sold by the best shoe dealers everywhere. Shoes mailed from factory to any part of the world. Illustrated Catalog free to any address.



READERS of this paper desiring to buy anything advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations.

W. N. J., DENVER, NO. 22, 1908.

PARKER'S HAIR BALM
Cleanses and beautifies the hair. Promotes a luxuriant growth. Never Fails to Restore Gray Hair to its Youthful Color. Cures scalp diseases & hair falling. 50c and \$1.00 at Druggists.

PILES
ANAKESIS gives instant relief. IS A SIMPLE CURE. \$1 at druggists or by mail. Sample FREE. Address, "ANAKESIS", Tribune Bldg., New York.